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Open Season for Colds—Have One

By Anafred Stephenson

OCTOBER first initiated the open season for colds, so you may catch them any time now. There will be five open days on pheasants this fall; the duck season will last until January 1, but the cold season will probably last all thru the winter until late in the spring. Some individuals with poaching instincts even catch them right in mid-summer, but it isn't supposed to be done, and the guilty ones usually suffer quite a severe penalty.



A number of folks succeed in catching such good colds in the early fall that by nursing them thriftily they are able to retain them all thru the season. The great rank and file, however, seem to think it more sporting to catch one, keep it a while, discard it, and catch another.

Just as some people have always been opposed to killing the beautiful golden pheasants and the swift winged teal, so there have always been (and doubtless always will be) people who are against catching colds. Our grandparents oftentimes went to great lengths to avoid catching colds. It was quite common to clothe the entire body in red wool flannel, although it has never developed clearly just how the color could frighten the cold away. The wool next to the skin, however, was really a very practicable idea. The constant irritation had a tendency to keep one in motion in a vain effort to reach all of the itching places at once. This constant exercise was really a good thing. Physical exercise is one of the most valuable methods in vogue to avoid catching colds. It induces perspiration, which is fine for the breathing apparatus of the skin.

Just as stoking the furnace with good fuel keeps the cold from your domicile, so good, wholesome food is a great help in keeping colds from your body. It is

essential, nevertheless, in both cases to regularly eliminate the residue. Water is also a great enemy of colds. When you awaken in the morning and find that a cold is attempting to flirt with you, drink a quart of water before breakfast and almost invariably the cold will become discouraged. A cold shower followed by a vigorous rub down will also have a tendency to make you immune.

Wouldn't it be great if Iowa State could originate the idea of a coughless campus? We probably couldn't rate more than C the first season, but by persistent following of a few simple rules familiar to most everyone, there is little doubt but that we could eventually put the sneezes and the sniffles almost completely into the Limbo.

HEALTH

Clear eyes that dance with inward light;
Clear shining skin, so firmly white.
Muscles that tingle for the road
Or lightly lift a gallant load.
Serenity of steady nerves,
Bright beauty's soft alluring curves.
Alert response to sight and sound
And fragrance of the year's glad round.
Ah, what is fame and what is wealth,
Matched with the rich renown of health?

—Amos R. Wells

The under side of every cloud
Is bright and shining,
And so I turn my clouds about
And always wear them inside out,
To show the lining.

Children have more need of models
than of critics.

CHARLES G. RAY



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